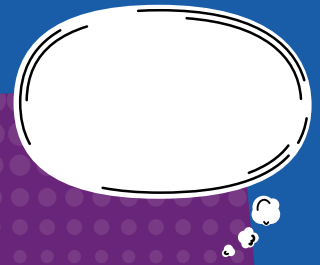




Mid and South Essex
Integrated Care
System



Mid and South Essex



Four questions to help shape your care

These four questions will help you make personal choices about your care:

What are my choices?

What are the advantages and disadvantages?

What if I do nothing?

Where can I find more information and support?



Everyone is different, and what works well for another person may not work well for you.



Use the questions as a guide to explore the treatment options that work for you.



Collect your handy pocket sized guide from reception



SCAN ME

For more information, scan the QR code or visit:
midandsouthessex.ics.nhs.uk/health/personalised-care/